



Yellowstone County Extension Office
<http://www.co.yellowstone.mt.gov/extension/county4h/>
Courthouse Room 106
PO Box 35021
Billings MT 59107-0521
406.256.2828 Fax: 406.256.2825

APRIL 2009

4-H FOLKS IN FOCUS

Thank you to everyone who made the Fruit Sale a success. Robin Sian did a great job organizing this fund raiser. Club leaders who help with the Fruit Sale are invaluable. Thanks for the hard work and time!

National Volunteers Week is April 19–25. 4-H members need to acknowledge the great volunteers that work with you in 4-H.

Roni Baker
Yellowstone County 4-H/Youth Agent

CLOVERBUD CAMP

A planning meeting for the 2009 Cloverbud Camp has been set for Thursday, April 2nd at 5:30 P.M. in Room 105 at the Courthouse. Please come and share your ideas to plan this fun event. Everyone is welcome!

4-H COUNCIL MEETING

Yellowstone County 4-H Council meetings are held on the first Thursday of the month. They are held at 7:30 p.m. in Room 105 of the Courthouse. Everyone is invited to attend the meeting. The next meeting will be held on Thursday, April 2nd.

4-H CAMP

Camper applications are due on Friday, May 1st. Get your applications in early.

FAIR CLERKS

Applications and Job Descriptions for the 2009 Fair Clerks are available at the Extension Office. The applications must be returned to the Extension Office as soon as possible.

DROPS & ADDS DUE APRIL 30

Organizational leaders need to sign, date and return your club's drops and adds to the Extension Office by April 30. **4-Her's must be enrolled in a project by April 30 in order to exhibit at the 2009 MontanaFair.**

VOLUNTEER HOURS

Check with your employer to see if they reward employees for doing volunteer work. Many businesses (i.e. – Walmart and First Interstate Bank) will give a nonprofit organization (4-H) a donation for the number of hours their employee volunteers. One club received \$250 to help with their club program.

INTERNATIONAL HOSTING OPPORTUNITY

Host families are still needed for the summer inbound program. We have 25 Japanese kids that still need homes. The program dates are July 21-August 19. The deadline has been extended to April 15th.



MONTANA
STATE UNIVERSITY

EXTENSION

Host families are needed for four high school delegates. These kids from Eurasian countries will arrive in the U.S. mid-August and stay through the following May. Host families do not need to have kids at home to host.

Applications are available at www.montana4h.org
For more information contact the Extension Office.

CITIZENSHIP-WASHINGTON FOCUS

Four 4-H members from Yellowstone County will be attending this year's Citizenship-Washington Focus. Focus is June 7 – 13 in Washington D.C. The participants will stay at the National 4-H Center. The trip should be very educational for all attending. Those attending are:

Allison Dubs – City Kids
Stephanie Horsman – Shepherd Pioneers
Tyler Nansel – Hesper Hustlers
Christopher Lanaghan – Laurel Roadrunners

MONTANA 4-H CONGRESS

4-H Congress will be held July 7 – 10, 2009 in Bozeman on the MSU Campus. Members must be 14 or older by October 1, 2008 to attend. Chaperons are needed for this trip. If you or someone you know is interested, contact the Extension Office.

COMMUNICATION CONTEST DAY

A very special thanks to Nancy and Lauris Byxbe for again making Communication Contest Day a success. The members that attended had a fun, educational day. Thanks to all of the judges, platform assistants and runners who helped. It takes many hours of planning and organizing to make an event like Communication Contest Day successful. As the organizer you need to secure the facility, get judges and helpers, plan the schedule, make the score cards, sort the boxes of supplies and ribbons and complete many other details.

It is important that as members you try your best to follow through and attend the activity if you register. If you are unable to attend, please contact the Extension Office as soon as possible.

MONTH OF THE MILITARY

April was established as the “Month of the Military” in 1986 by then Defense Secretary Caspar Weinberger. He established the annual recognition because he understood and appreciated the challenges encountered by children of the military service members. Throughout the month of April we make a special effort to let our military children know that we honor and appreciate their sacrifices in the same light as we do that of their parents...because military kids serve too! For fun activities go to www.monthofthemilitarychild.com

Consider inviting a military child to enjoy 4-H activities with you.

FOOD HANDLING CLASS OFFERED

Any 4-H member or parent that will be involved in food handling during MontanaFair or any other fund raising event involving the handling of food will need to attend the Serve Safe Certification workshop. The workshop will be held Tuesday, April 21st from 6:00 ~ 8:00 p.m. in Courthouse Room 403A. You will receive your Food Safety card upon completion of the workshop and the test. Questions? Contact the Extension Office.

CHATCOLAB

“Yes You Can With Friends Old and New” is the theme for this year's Northwest Leadership Laboratory, June 13-19 in Rathdrum, Idaho. This workshop is designed for adults and older teens. This year “Leave No Trace” activities will be implemented into each day's program. Complete information can be found at: www.chatcolab.org

4-H CLUB OFFICERS - 2008-2009

VICE PRESIDENT

David Asay – Ruff Riders
Bryant Beck – Ruff Riders
Cameron Brown – Yellowstone Mavericks
Brooke Corcoran – Height Trailblazers
Brianna DeCock – Worden Riverdale
Elery Erickson – Shepherd Tumbleweeds
Samria Eustace – City Slickers
Elizabeth French – Worden Riverdale

Deontae Gillespie – Blue Creek Jumping Bucks
 Katrina Jandro – Explorers
 Kristina Kilts – Lockwood Soaring Phoenix
 Celia Kirkland – Boots & Britches
 Christopher Lanaghan – Laurel Roadrunners
 Elyssa Leininger – Town and Country
 Ty Nansel – Hesper Hustlers
 Mysti Opie – Lockwood Humble B's
 Justin St. John – Kountry Kritters
 Joshua Tokarski – Shepherd Pioneers
 Lauren Walker – Huntley Eagles

TREASURER

Erica Anderson – Yellowstone Mavericks
 Justin Baeten – Laurel Roadrunners
 Beau Bromenshenk – Hesper Hustlers
 Sky Caufield – Shepherd Pioneers
 Riley Dalke – Huntley Eagles
 Robby English – Heights Trailblazers
 Derrington Gillespie – Blue Creek Jumping Bucks
 Tyler Gomola – Lockwood Soaring Phoenix
 Racquel Harrell – Kountry Kritters
 Dustin Huntington – Lockwood Humble B's
 Hanna Jandro – Explorers
 Christin Manders – Ruff Riders
 Madison Rohrer – Worden Riverdale
 Alexandria Wittorff – Shepherd Tumbleweeds
 Chandler Worden – City Slickers

4-H NEWSLETTER

Remember you can access the 4-H Newsletter at the
 Yellowstone County 4-H website:
www.co.yellowstone.mt.gov/extension/county4h/

To view the newsletter click on “Newsletter”
 To view the monthly 4-H calendar click on “Calendar”

Most newsletter inserts are available on the web site by
 clicking on “Other Forms.”

Showcase forms happen to have their own section.

Our goal is to have 4-H forms, events and general
 information on the Yellowstone County 4-H website. So if
 you have misplaced your newsletter, find the information
 online!

Contact Roni anytime at her e-mail address:
ronibaker@montana.edu

NATURAL RESOURCES YOUTH CAMP

The 23rd Annual Montana Natural Resources Youth Camp
 will be held July 12th ~ 17th, 2009 near Missoula. The
 camp helps foster understanding and instills appreciation
 for the natural amenities of Montana that provide resources
 like clean water, wood products, recreational opportunities,
 and wildlife habitat. Campers spend a week in the rustic
 setting of the Lubrecht Experimental Forest learning about
 wildlife, forestry, water soils, geology, range management,
 and multiple land use and spend a half-day rafting the
 Alberton Gorge of the Clark Fork River.

Field sessions are taught by professionals and there are
 special evening sessions, guest speakers, hands-on
 learning-through-discovery, and campfires!

Student teams also compete in a Land-Use-Game where
 they manage a 3,400 acre ranch. Teams must make
 simulated real-life hard choices between profits and
 conservation ethics.

Campers are accepted on a first-come basis. Camp cost is
 \$175 which includes meals, supplies, and lodging. For a
 registration form visit: www.mnryc.org and click on
 “Downloads”. For additional information contact Martin
 Twer, MSU Extension Forestry at 406-243-2775.

4-H SUPPORTERS

Many businesses and organizations in our community
 support 4-H. Each month I have been listing several of
 those supporters in the newsletter. I would encourage you
 to tell them thank you and support them in return. If you
 would like to submit names for this article, please send
 them to Roni.

Teddy Bear Dental	Inches-A-Weigh
Berkley Equip. & Machine	S & T Project Meats
Hardrives Construction Inc.	Lockwood IGA
Terracom Consulting	Yellowstone County
Engineers	Implement

GET FIT 4-H

Five Easy Ways to Enjoy Fitness: Enjoy aerobic activities
 to get your heart pumping; Enjoy strength activities for
 strong muscles; Enjoy balance activities to help prevent
 injuries and promote brain development and function;

Enjoy flexibility activities to reduce stress, fatigue and muscle tension; Enjoy fun activities to assure you will stick to it!

Five Easy Ways to Enjoy Key Nutrients: Enjoy grains for fiber, folate and energy, especially 100% whole grains; Enjoy produce for vitamins A, C and potassium; Enjoy milk products, especially fat free or reduced fat milk, yogurt and cheese for calcium and Vitamin D; Enjoy nuts and seed for vitamin E and magnesium - aim for a small handful each day; Enjoy lean red meat for iron, zinc and protein.

Five Easy Ways to Keep Food Safe: Wash, wash and wash again those five fingers. The best way to prevent the spread of bacteria is to thoroughly wash hands before, during and after preparing and eating food. If it is impossible to wash while eating on the run, be sure to keep some hand sanitizer readily available.

2009 MT 4-H STATE AWARDS & SCHOLARSHIPS

State award and scholarship applications are due to the 4-H Center postmarked by May 1st, 2009.

The state award application can be obtained at the Extension Office or on the 4-H website (www.montana4h.org) under Programs and then under Awards and Recognition. The Montana 4-H State Award program is to recognize the outstanding accomplishments of 4-H members who have reached a standard of excellence in project and activity award areas. All applicants must be 14-19 years old prior to October 1, 2008. State award winners are recognized at Montana 4-H Congress and receive a certificate of achievement and a medal. Winners are also eligible to attend National 4-H Congress.

General tips for completing a state award application:

- Read and follow all of the instructions and requirements.
 - QUALITY COUNTS, not quantity.
 - The selection committee judges based on what they can see. Activities/Achievements may overlap in several sections, but DON'T REPEAT YOURSELF.
 - Give all the information.
 - Tell your own story.
-

ADDITIONAL SCHOLARSHIPS

Doug Dear Memorial Scholarship (\$500) - assists an individual with an interest or background in the horse project. Due May 15.

Food & Nutrition Scholarship (\$500) - For students interested in pursuing a career in food service, culinary arts, food science, nutrition education, nutrition or dietetics. Due May 15.

Montana Agri-Business (\$500) - if planning to study Ag Business. Due May 1.

Montana Meat Processors (\$500) - for an individual with an interest/background in meat science. Due May 1.

Montana Wheat and Barley (\$500) - for members who have done outstanding work in bread baking, or similar project utilizing grains. Due May 1.

Murdoch's Ranch and Home Montana Scholarships (\$1,000) - for high school students who have demonstrated a dedication to 4-H and to the ideals of leadership, responsibility and integrity. Due May 1.

2009 NILE Collegiate Scholarship (\$500) - applications are at the Extension Office. These are open to seniors graduating from high school in 2009. Ten scholarships are awarded. Due April 3.

Contact the Extension Office for more information and applications for these scholarships.

JUNIOR LEADERS

Anyone 13 and older is welcome to come join the fun in the Junior Leader Group. You do not need to be signed up in the project. Junior Leaders will meet on April 9th at 6:00 p.m. in Courthouse Room 105. We will be doing games from the Challenge Masters Course! These FUN activities teach Leadership, Communication and Team Building skills! Anyone 13 years and older is welcome. For questions call the Extension Office at 256-2828.

WESTERN REGIONAL 4-H LEADERS' FORUM CALL FOR PROPOSALS

Proposals for the 2010 WRLF which will be held March 11th ~ 14th in Albuquerque, NM, are currently being accepted and you are invited (and encouraged) to submit your workshop idea(s) to the committee for consideration. Adult volunteers and teens are all welcome to submit proposals and have an equal opportunity to be chosen. Your input is valuable.

Proposals are due by June 1, 2009 and will be selected through a committee review process using the following criteria:

- Potential to attract and motivate attendees.
- Clarity of proposal content and presentation methods.
- Potential for practical application to local and area club work.
- Relevance to current projects and trends in youth development.

Complete proposal information and submission form can be found at <http://aces.nmsu.edu/4h/wrlf2010/>

SHOOTING SPORTS POSTAL MATCH

The following members participated in the Montana 4-H Archery Postal Match:

Bryant Beck	Samantha Czarny
Connor Dove	Keyen Gardner
Sidne Gardner	Rachel Hahn
Stephanie Horsman	Shane Knerr
Heather Knerr	Noah Kvamme
Josiah Laszloffy	Jake Peila
Jacob Spenner	Tyler Stenson
Nathan Stenson	Cody Thatcher
Jonathon Tokarski	Joshua Tokarski
Tyler Weeding	

Montana 4-H Air Gun Postal Match participants from Yellowstone County:

Miranda Cain	Kaylee Daivs
Josiah Laszloffy	Makayla Longmire
Sydney McQuire	Cody Thatcher

DEPARTMENT N NEWS ...

DEPARTMENT N MEETING

The next meeting will be held on Thursday, April 2nd at 6:30 p.m. in Room 105 of the Courthouse. We will be planning for Showcase and begin working on other ideas. Your help and input is needed.

CAKE DECORATING WORKSHOP

There will be a Cake Decorating workshop on Tuesday, April 21st at 6:30 p.m. in Room 105 at the Courthouse. We will be decorating Mother's Day Cakes. Bring a one layer cake, icing, decorating tools, board, and a box. If using

edible goodies for decorating bring some cards, pretzels, marshmallows, etc. We will practice drop flowers and leaves. Second year will be doing basket weave. Third year student bring a two layer cake. Please RSVP by Friday, April 17th to the Extension Office, 256-2828 or Carol Corder (leave a message) at 839-7420.

COWBOY POETRY GATHERING

The Yellowstone County Gathering of Cowboy Poets and Country Musicians will be held June 12th ~ 14th at Riverside Park in Laurel. A youth poetry division will be offered on Friday, June 12th for all poets under the age of eighteen. The top three poets will be recognized at the Saturday evening night show. Poems will be judged on structure, content, and style. Poets will be judged on presentation, delivery, clarity, poise and appearance.

Registration forms are available at the Extension Office. Deadline is June 1st. For more information contact Norm Shay at 628-6313.

LEATHER PROJECT

The Big Sky Association of Leather Artists (BSALA) meets the 4th Thursday of each month at 7 ~ 8 p.m. in Courthouse Room 105. Anyone interested in leathercraft is welcome to attend.

Don't forget the thirteen DVD's on leather craft. These DVD's cover a variety of techniques and can be checked out from the Extension Office.

SHOWCASE - WIN \$15 CASH

The Showcase Committee will award \$15 to the 4-H member that designs the winning entry for this years Showcase program cover. This year's theme is "The Word is Your Showcase". Entries should be approximately 8" x 5" and in **black or blue ink**. So, show your creativity and win \$15. Entry deadline is April 10th.

The Showcase will be held April 25th. Applications for the Showcase were mailed to everyone enrolled. They are due on April 10th. Contact the Extension Office if you do not receive your registration information by March 31st. Remember that you **MUST** participate in the activities for the complete day. Do not plan on attending other

functions. All members must also participate in the Public Revue.

13th ANNUAL 4-H QUILT SHOW

The 13th Annual 4-H Quilt Show will be held in conjunction with the Showcase on Saturday, April 25th. Any 4-Her or member of a 4-H family may enter the quilt show. Members do not need to be enrolled in the quilt project to enter. Any qualifying quilt entered in this show will be eligible to be shown at the state 4-H Congress. Entry forms are included in this newsletter or can be printed off the 4-H website or from the Extension Office.

4-H SHOOTING SPORTS LEADER TRAINING

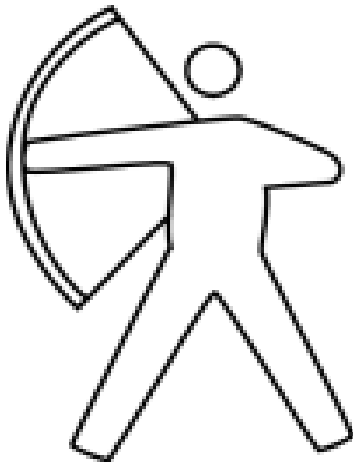
The State 4-H Shooting Sports Advisory Board has announced a 4-H Shooting Sports Leader Training that will include all disciplines (Rifle, Archery, Pistol, Muzzle Loading, Shotgun, Hunting, and Coordinator).

May 1st-2nd, 2009 – Laurel

The registration fee is \$50 and deadline is April 20th. Registration forms are available by contacting the Extension Office or by printing a registration form off the 4-H county website (www.co.yellowstone.mt.gov/extension/county4h) under the Other Forms heading.

The training will begin Friday evening from 6:00 – 9:00 p.m. with the risk and liability section and conclude Saturday at 5:00 p.m. after a day of specific discipline training. Saturday's lunch is provided with the registration, but motel and travel costs are up to the individual or county 4-H program. Each participant will receive a confirmation letter with directions and further details.

All participants will be asked to complete the 4-H shooting sports pre-test and to bring the test with them on Friday night. The pre-test is available at the Extension Office or online at the 4-H county website. Any leader



who has already attended a Friday night workshop will not be required to attend again and may register for Saturday only, but at the same fee.

STIR-UPS CONTEST

If you are interested in competing in the Stir-Ups Contest at State 4-H Congress, you must be 14 by October 1, 2008. You will be asked to compile a notebook dealing with the meal you have selected to prepare and set the table using one place setting.

If you are interested in competing at State 4-H Congress, notify Roni at the Extension Office by April 24th. If there are more than two who want to compete, we will have a county contest.

LIVESTOCK NEWS ...

HORSE AND COLT MEETING

Everyone is welcome to attend the next horse and colt meeting on April 15th at 6:30 p.m. at the County Courthouse Room 105. We have some business to visit about and then a workshop on horse helmets.

CAT PROJECT MEETING

There will be a cat project meeting on Saturday, April 11th at 9:00 A.M. in the Sage Center at MetraPark. Bring your cats and project books. We will be practicing showmanship and working on grooming for the May show. Remember that you must have completed quality assurance before the May show.

Questions? Please contact the co-leaders: Penny Jones at 254-9411 or Anna Mathiason at 671-3333.

POULTRY CLINIC

A poultry clinic will take place Sunday, April 26th, at 1:15p.m. in the Sage Center at MetraPark. We will be working with ONLY POULTRY at this clinic. Please bring one bird as we will be working on handling, showmanship, and identifying breeds. If you need help with record books or project books Norma will be available to help after the clinic. **This will be the only county poultry clinic this year.**

2009 HORSE SHOWS/EVENTS

March 28	Rebel Sky Farms	672-4734
April 5	Yellowstone Boys & Girls Club	690-4451
April 26	Yellowstone Boys & Girls Club	690-4451
May 2	Superbarn – Classic Three Show	373-6146
May 16	Superbarn – Classic Three Show	373-6146
June 13	Superbarn – Classic Three Show	373-6146
June 21	Saddle Club Show	967-3193
July 18	Big Sky State Games Open Horse Show at the Saddle Club	
July 18	Appalossa Show at the Saddle Club	
July 19	Saddle Club Show	
July 25-26	Superbarn – Boots n Britches Show	
Aug. 1	Worden Riverdale Show at Schaff Arena	
Aug. 7-8	MontanaFair 4-H Show at Superbarn	
Aug. 9	MontanaFair Open Show	
Aug. 23	Saddle Club Show	967-3193

4-H WESTERN HORSMANSHIP CAMP

Wes and Dixie Osborne are offering a Western Horsemanship Level 1 horse camp. The camp is limited to the first 15 registrants. Participants must be enrolled in Western Horsemanship Level 1 and parents must stay onsite for the duration of the camp.

WHEN: Saturday, May 9th 9 a.m. ~ 12 noon
 WHERE: MetraPark Superbarn
 COST: \$10 per rider

Registration forms are available on the County 4-H website (www.co.yellowstone.mt.gov/extension/county4h.org) or from the Extension Office. Deadline is May 1st.

SADDLE FITTING CLINIC

Carol Brett from the Balance Saddle Company of London, England will be in Billings May 1 ~ 7 to give a saddle fitting clinic. The saddle fitting and related clinics will benefit the STAR Riding Program, a non-profit, NARHA accredited therapeutic riding program in operation in Billings since 1988.

Carol is internationally recognized for her knowledge of structure and function of the horse and is an excellent instructor. Clinic offerings include a lecture/demonstration, individual consults for horse and rider, and dismounted rider workshop. All clinic formats are geared

toward English and Western riders. For more information on cost, dates, times, etc., contact Jean Allbright at 259-4788 or email at j.allbright@bresnan.net. In the email subject line type "Balance".

LIVESTOCK NUTRITION SEMINAR

WHEN: Tuesday, April 14th 6:30 p.m.
 WHERE: County Courthouse Room 106

The livestock seminar will feature "Nutrition and Animal Selection" by Sunglo Feeds nutritionist Levi McBeth. Levi has a B.S. in animal science, a M.S. in ruminant nutrition and a Ph.D in animal nutrition.

Questions? Contact Amanda @ 252-6692 or 698-8458 or Shayne @ 252-6692 or 861-7184.

STARTER FLOCK PROGRAM

The purpose of the Starter Flock Program is to help 4-H and FFA members start a Purebred Columbia Flock. Youth 10 to 17 years of age may apply. There is an application process and it is due May 1st, 2009.

Program Information:

- The recipient receives 4 registered Columbia ewes donated by members of the Columbia association.
- The flock must be maintained as a registered purebred Columbia flock for 3 years.
- Only registered Columbia rams can be used for breeding for those 3 years.
- The recipient is responsible for all care of the flock.
- The recipient pays the Columbia association the value of one 100 pound market lamb each year for 3 years. The money is used to help create flocks for future applicants.
- The recipient should show the animals in their local fair and the junior show at the Montana Columbia show and sale.
- After 3 years the flock and its' progeny become the sole property of the recipient to manage as they chose.

If you are interested, please call Luanne Wallewein (preferably in the evenings) at 406-937-2775. She will mail the application to your home address.

LIVESTOCK JUDGES' TRAINING

You are invited to the 2009 Intermountain Livestock Judges' Training, May 14th ~ 16th in Caldwell, ID. Extension Educators from CO, ID, UT, MT and WY have teamed up for this special event. Geared to interested leaders, parents, producers and livestock enthusiasts, the training will give hands-on education in livestock selection and evaluation. 2009 training will cover beef and swine with a special focus on sheep and meat goats.

This training is limited to the first 75 applicants with a paid registration fee of \$150 by April 14th early-bird deadline or \$200 by May 1st. Registration includes four meals and breaks.

Registration forms are available from the Extension Office. For additional information contact Dan Sanchez at 307-783-0570 or dasanchez@uintacounty.com

ANIMAL QUALITY ASSURANCE TRAINING SCHEDULE

Anyone planning on exhibiting animals at the MontanaFair must have attended a Animal Quality Assurance Workshop taught through the Montana State University Extension Service within the last two years. Certification is good for two years. Members who took the class in 2007 need to take the class in 2009. If a member took the class in 2008 they do not need to take the class until 2010. If you have a child who was certified in 2007 and another one who was certified in 2008, it is recommended that you bring both children this year so they get on the same schedule. This will make it easier for your family in the future.

A parent or guardian MUST attend the training with the 4-H member. Adults will be asked to be involved in the group discussions and sign the Commitment to Excellence form with their child.

There will be hands on, group activities again. Please plan on arriving on time and staying for the complete 1½ hours. If you are not in attendance for the complete training you may be asked to attend another session. Plan on attending a session early in the year so conflicts do not occur in your family schedule. More classes will **NOT** be added after the June 23rd class.

April 28 - Tuesday - 6:00 - 7:30 p.m.

Yellowstone County Courthouse, Room 105

June 6 - Saturday - 9:00 - 10:30 a.m.

PAYS - Swine/Sheep Tagging

June 23 - Tuesday - 6:30 - 8:00 p.m.

Yellowstone County Courthouse, Room 105

SAFETY – HORSE HELMETS

Certified horse helmets in a variety of sizes are for sale at the Extension Office for \$10.

We encourage all parents and 4-H members to learn about the benefits of wearing an equestrian helmet and the risks of not doing so. Helmets are not required at this time but are encouraged. *Every Time, Every Ride*, a video on helmet safety, is available at the Extension Office for clubs or members to check out.

2009 RODEO PROJECT BUCKLES

Don't forget that Eclipse Equine Service is sponsoring 4 buckles in the rodeo project to be awarded at MontanaFair. There will be a grand and reserve senior and a grand and reserve junior. The criteria for the 2009 buckles is based on points awarded for up-to-date record books, placings in barrel racing, pole bending, team penning and for sportsmanship. You **MUST** be signed up in the Rodeo Project by April 30th. Questions: Call LaDona Yerian at 856-4895 or email her at: eclipseequine@yahoo.com

SUFFOLK SHEEP EWE GRANT

The Montana Suffolk Sheep Breeders Association (MSSBA) is awarding one \$200 grant to be used for the purchase of a Suffolk ewe lamb or yearling ewe. The grant is for Montana resident youth between the ages of 9 and 16. For grant requirement information and applications contact Jane Rath in Miles City at 406-232-1060. Application deadline is June 30th.

MARKET LAMB MEMBERS & LEADERS

Need help getting started on your project? There are numerous videos and literature available for you to check out and use. Information ranges from selection, feeding and showing from beginner to advanced.

Stop by the Extension Office to look at the choices of material. Any further questions, contact Trish Hays @ 875-2152.

PIG & LAMB SALES

WHEN: Saturday, April 4th
Viewing & silent auction bidding at 10:00 a.m.
Sale begins at 12 noon
WHERE: Stenberg's in Big Timber
QUESTIONS: Call Jason Stenberg @ 406-930-0405

WHEN: Saturday, April 11th
Viewing begins at 10:30 a.m.
Sale begins at 1:30 p.m.
WHERE: Casper, WY College Campus
QUESTIONS: Call Heath Hornecker @ 307-760-6480

WHEN: Saturday, April 18th
Selection Clinic begins at 9:30 a.m.
Sale begins at 11:00 a.m.
WHERE: Y Knot Equestrian Center
Huntley, Montana
QUESTIONS: Call Trish Hays @ 875-2152
www.hayshowlambs.com

WHEN: Sunday, April 19th
Sale begins at 2:00 p.m.
WHERE: Carlee Smiths in Belgrade, MT
QUESTIONS: Call Carlee & Buck Smith @ 406-388-7238 www.carleesclublambs.com

WHEN: Sunday, April 19th
Viewing & Bidding starts at 1:00 p.m.
Bidding closes at 3:00 p.m.
WHERE: Dorvall Farms in Fromberg
QUESTIONS: Call Holly Dorvall @ 406-668-7701

Many other 4-H members raised and sell pigs and lambs. Be sure to ask around!

JACKPOT FEEDER SHOWS

May 29-30	Mountain Magic Show	Bozeman
June 7	Worden Riverdale Show	Billings
June 11-13	Junior Beef Expo	Lewistown
June 20	Dillon Show	Dillon
June 21	Huntley Eagles Show	Billings
June 27-28	Yellowstone Classic	Billings

SHEEP & SWINE EAR TAGGING

Anyone wishing to enter market sheep and/or swine in the 2009 MontanaFair must be enrolled in the project by **April 30th** and ear tag their animals on **Saturday, June 6th**. **The tagging site will be P.A.Y.S. from 8 ~ 11 a.m.**

USED ANIMAL EQUIPMENT

Several people have contacted the Extension Office looking for clippers, halters, chutes, saddles, etc., for their animal projects. If you have any items for sale, please let us know and we will put it in the file at the office.

CLUB CORNER

City Kids – We plan on making Easter baskets for the children at St. Vincent Hospital and the Ronald McDonald House.

City Slickers – We talked about the gun show, fruit sale, woodworking and archery.

Hesper Hustlers – We talked about the fruit sale. We plan on painting Elder Grove School as a community service project. We had a parliamentary procedure workshop.

Laurel Roadrunners – Reports were given about project meetings, Citizenship Seminar and the State Shoot. Communication Day was discussed.

Lockwood Humble Bs – Reports were given and events were discussed. Several members gave demonstrations.

Lockwood Soaring Phoenix – We held a bake sale to raise money for the dogs that were rescued from Ballantine. Members gave demonstrations.

Shepherd Pioneers – We had a speaker talk about fire safety. Many activities and events were discussed.

Yellowstone Mavericks – We discussed the Easter party, letters for military kids, Big Sky Fit Kids and the fruit sale.

FOOD FOR TALK

In using the Food for Talk questions, the goal is to let everyone at the table have a chance to answer. It works best to let the children answer first, otherwise they will often mimic Mom and Dad's answer. Give everyone time to think about his or her response. Be Polite. Have fun with the questions and the conversation that will follow. Don't be discouraged if your dinner table conversation doesn't blossom overnight. Be patient and persistent – it will happen. Talk gives your family an opportunity to share, discuss, and pass on morals and values in a safe, fun, enjoyable setting.

1. If you wrote a book, what would be the topic and the title?
2. "People who think they know it all are especially annoying to us who do." ~ Anonymous. Try to explain humility in your own words. Who is the most humble person you know?
3. Would you describe yourself as a private person or an outgoing person? At a party or school function, do you prefer to talk with a few friends or a lot of people?
4. What is your least favorite household chore? Are there any you like to do?

TURN OFF THE TV WEEK 2009

From April 20–26, millions of people across the country will participate in TV Turnoff Week. The goal of TV Turnoff Week is to promote active living and motivate kids, families and adults to try living without TV, videos or computer games for a week. The long term goal is to help families moderate the use of these electronics to stay active and live healthier lives. For more information visit: www.tvturnoff.org

Study after study demonstrate reducing television, videos, electronic games and recreational use of computers is a leading way to reduce obesity, increase literacy and standardized test scores and dramatically curtail acts of violence and bullying.

Why should you care about limiting TV or Screen Time? *Do you know...*

- The estimated time per week that parents spend in meaningful conversation with their children has been reduced to less than 40 minutes a week!
- A study found that there were over 200 ads for junk

food during four hours of Saturday morning TV cartoons. Over 90% of food advertisement aimed at youth are for products high in fat, sugar, or sodium and this advertising is influencing preferences, purchases and consumption.

- The number of violent acts the average American child sees on TV by age eighteen is 200,000. Exposure to media violence through TV, music videos, cartoons, video games and DVDs is significantly associated with bullying, aggressive behavior and violence. Nearly two-thirds of all programming contains violence and children's shows contain the most violence.
- A strong relationship exists between media exposure and children trying smoking or beginning to smoke at an earlier age. In one study, the more hours children watched between the ages of 5-15 years the more likely they were to be a smoker in adulthood.
- Author Richard Louv in his book, *Last Child in the Woods: Saving Our Children from Nature Deficit Disorder* argues that kids are so plugged into television and video games that they've lost their connection to the natural world.

Tips for parents to reduce screen time...

Watch with your kids and talk about inappropriate content as well as advertising claims. TV can provide a great learning opportunity if you talk with your kids about what they see.

When programs show sex, alcohol, tobacco, violence or drug abuse, talk about what you see. Help your child understand what he is watching.

Avoid TV/screen time that contains violence or was produced mainly for entertainment (including cartoons and programs designed for an older audience). Exposure to these programs can have long lasting, negative health consequences for young children.

Start early developing healthy habits for young children. Encourage more active play and alternative activities both indoors and outside to promote healthy brain development and imagination.

Take the challenge! Pledge to go screen free for a week and encourage others to do the same. Unplug...and turn on an active healthy life!



MONTANA
STATE UNIVERSITY

EXTENSION

Yellowstone County Extension Office
217 North 27th St, Courthouse Rm 106
PO Box 35021
Billings, MT 59101-5021

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4-H: The Youth Development Program of MSU Extension

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